

FOOD BUILDS

* Healthy Children *

by Evelyn Johnson



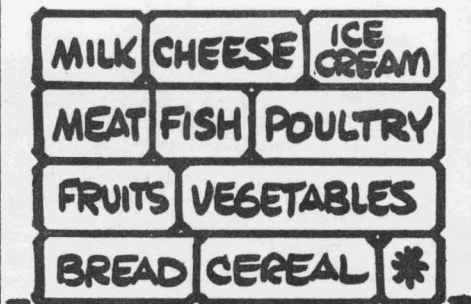
The right kind of food helps keep your children well and happy.



The right foods build straight, strong bodies.



The right foods help build a healthy, active mind.



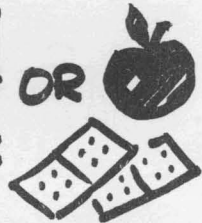
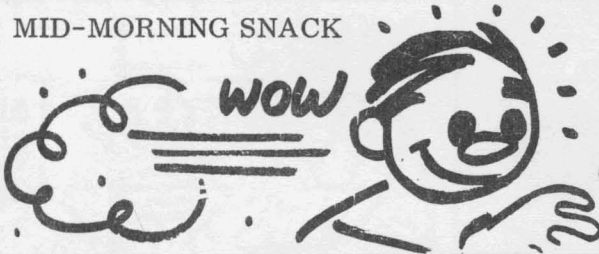
Foods are building blocks. Your child needs food from each block every day.

FOODS FOR YOUR CHILD TO EAT EVERY DAY

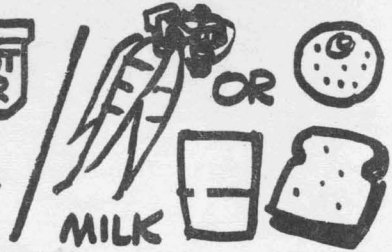
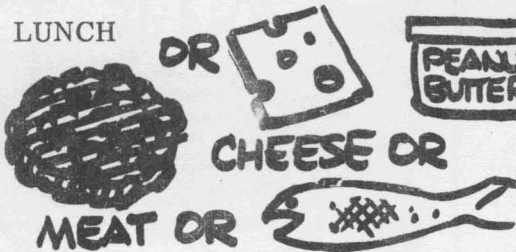
BREAKFAST



MID-MORNING SNACK



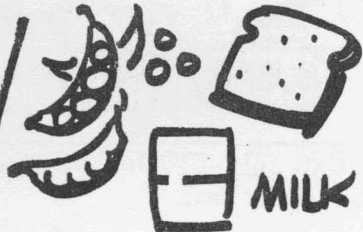
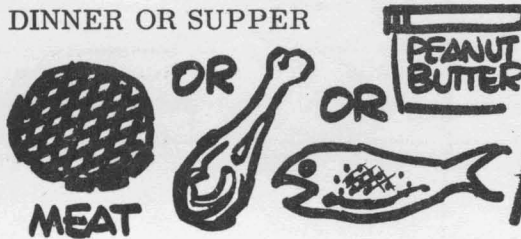
LUNCH



MID-AFTERNOON SNACK



DINNER OR SUPPER



FIXING YOUR CHILD'S FOOD

YUM!



NO!



NO!

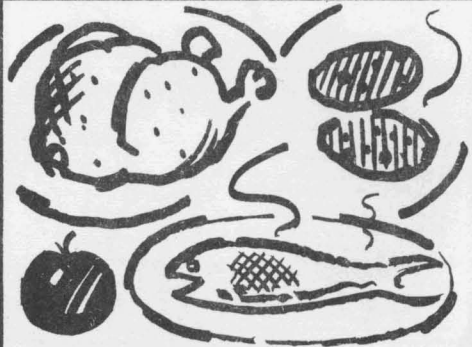


Children are not alike. Some will like foods that others don't.

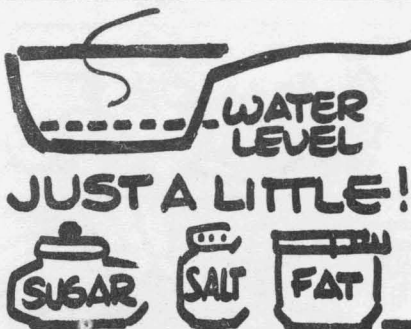
Start now to teach your child to like the right foods.



Serve some raw.



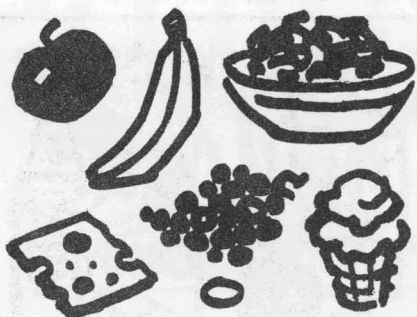
Boil, bake, or stew



Use only a little water, sugar, salt, or fat.



Serve some foods warm. Your child may like warm milk better than cold.



Give him different foods, some hard some soft.

NOT TOO MUCH



Give him small servings. Give only one new food at a time.

AT THE TABLE



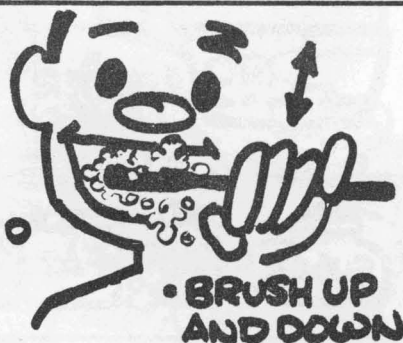
Your child needs a little time for rest and cleaning up before eating.



Serve every meal with love. Make his plate pretty.



Don't make your child eat--set a good example for him.



Teach your child to brush his teeth after eating.